

Commission Quarterly

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October 2003

Fall Issue

Quilt Tours Rural Communities to Honor Survivors

In many parts of the Midwest, a homemade quilt is a treasured family heirloom, representing a rich heritage that weaves color into the family's stories, lifestyle values and memorabilia.

A quilt can also symbolize community involvement, social networking or be used to raise money for a good charitable cause.

But for Mary Walters Schwartzkopf, who recently completed a five-year quilting project, her "*Nebraska Women Success Quilt*" represents a stark contrast to grandma sitting by the fireside, stitching.

Her quilt tells stories about women who overcame personal and sometimes major challenges in their lives. The quilt's stories range from struggling single mothers to domestic violence survivors to grieving parents, and hopefully, encourage other women to become survivors to successfully overcome their own personal crises.

Schwartzkopf, employed at the Nebraska Heart Institute, decided to create a victory quilt after she survived her own personal struggle and felt there must be many Nebraskan women who have overcome great obstacles or have marked an achievement in their life.

She decided she could help other women face their struggles by sharing

resources, talents and options that lead to success in the community.

She began collecting swatches of fabric from each woman and sewed the pieces into a block design that encompasses the State of Nebraska, which is placed squarely in the center of the quilt. Her mission has now become tougher since the quilt is finished. She plans to recontact each woman to obtain her signature on the quilt itself.

Women sign their names on one side of the quilt and write their testimony in a journal that will be placed on display with the quilt. The flip side will contain pieces of fabric from the same Nebraskan women who had a success story to tell.

Starting this fall, the *Nebraska Women Success Quilt* will tour greater Nebraska during 2004 to educate and bring about awareness to many rural communities on issues that impact women. The *Nebraska Women Success Quilt* is scheduled for display at the next Lincoln-Lancaster Women's Commission International Women's Day awards luncheon, *Weaving Women's Voices*, set for March 5, 2004.

Many women from Lincoln and the Lancaster County area have submitted fabric swatches to this project, including former Mayor Helen Boosalis, Mayor Coleen J.

Seng, former Gov. Kay Orr, Sen. Marian Price and Bonnie Coffey, director of the Lincoln-Lancaster Women's Commission.

Schwartzkopf has lived in Lincoln for more than a decade and is active in community organizations such as the antidrug program D.A.R.E., serving as a cheerleader developer and coordinator, and working as a dance instructor.

She and her husband, Reed Schwartzkopf, have three daughters. ■



October Recognitions
National Domestic Violence Awareness Month
National Sexuality Month
Breast Cancer Awareness Month



Photo courtesy of Bonnie Coffey

Mayor Coleen J. Seng watches Sen. Marian Price as she adds her signature to the homemade quilt for which she also donated fabric swatches. The "Nebraska Women Success Quilt" was created to recognize the survivor instinct of women who overcame personal crisis. Created by Mary Walters Schwartzkopf and five years in the making, the quilt starts touring greater Nebraska this year.

Who Needs a Women's Commission? Women Do

It's the sign of the times. The chipping away at civil rights for the sake of terrorism targeting.

The defunding of federal domestic aid programs in education, child care, health care and work training programs that would ensure our nation stays stronger than the generations before this one.

The stock market drowning in a sea of red ink, retirement funds evaporating at the sound of a bell, and interest-bearing money market accounts can't earn enough monthly profits to buy a Pay Day candy bar at the five and dime store. And let's not forget the Enron whistleblowers, Stewart's inside trader techniques and Wall Street's CEO slipping out the back door with a \$141 million bonus in his back pocket.

Unemployment rates are up, job opportunities are down. Some financial analysis refuse to say the word "economic depression" in front of Fortune 500 companies. Impoverished single mothers on food stamps are forced by state agencies to reach self-sufficiency under these stifling economic conditions.

Minimum wage jobs can't pay the monthly bills and health care means "little care" if you are over 65 and taking multiple medications. The signs of the times are difficult, and even more so if you are a woman.

Why? I'm glad you asked. Believe it or not, a century after Susan B. Anthony's activism, we are still fighting for equality.

Let's take our average single parent, Auni, for example, who works in a gift shop during the day and waits tables at her night job to make ends meet while raising two children between the ages 6 and 17. Auni represents 2/3 of the nation's female workforce and 25% of the head of household families in Nebraska.

Because Auni lacks the educational and vocational skills to achieve economic success,

climbing the career ladder to self-sufficiency is nonexistent ("Sticky Floors") and she'll most likely remain at minimum wage jobs for the next 35 years. A minimum-wage (\$5.15) earner working 40 hours per week grosses \$10,712 annually. Unfortunately Auni's wage places her below the federal standardized poverty levels (affecting 40% of female workers nationwide), which means she can't afford child care for her youngest one unless it's subsidized through state assistance.

Interestingly enough, women who work full time in this country earned 70% of what men earned. If Auni had the resources and opportunities, she would need to earn \$34,364 annually in Nebraska to make a "liveable wage" which buys food, clothing, shelter, household items, utilities and insurance for her small family. (Insurance is not a luxury item.) Auni will continue to work for the next 15 years, holding multiple jobs. But when she is ready to retire at the age of 65, there's a good chance she'll retire in poverty because her wage wasn't high enough to build a safety net with her Social Security account. Nearly 75 % of the elderly poor are women in this country, and even worse, half of the elderly women living alone have incomes of less than \$15,000 per year.

Auni never remarried because she couldn't find a potential mate who wanted an instant family produced by a "deadbeat dad." Since women's life spans are longer than men's, she could live another 30 years after retirement.

The primary reason for lower benefits is the generally lower earnings women receive and the years many women spend unable to work while tending to family obligations such as child rearing or caring for a sick elder. Women, on the average, spend 11.5 years out of the workforce as compared to one year for men. Since women make up 2/3 of part-time employees, concentrated mostly in lower-paying occupations that have no pension

plans, the baby boomers' female population will be staggering in poverty. The national poverty rate for women 65 and over is almost twice that for men; 80% of widows now living in poverty were not poor before the death of their husbands.

Why Do We Need a Commission in Lincoln and Lancaster County? We need a Women's Commission to:

- Facilitate communications and cooperation between specific and specialized groups and agencies to implement a common goal for Lincoln and Lancaster County women.
- Speak as a community voice, representing 51% of the Lincoln-Lancaster County population in equal rights, equal treatment under the law and justice.
- Monitor a growing and changing community, filled with racial and ethnic diversity, and to advise elected officials about impacts on women and children.
- Broaden the base of involvement for women of color.
- Provide support and technical assistance to community groups and the private sector in resources, planning and research.
- Serve as a clearinghouse for information in assisting women in need, women in study and women seeking empowerment.
- Advocate and promote consumer education specific to women's issues, and be aware of the availability or lack of community support systems.
- Act as a catalyst for change for a community in flux.
- Alert elected officials on the status of women's lives in Lincoln and Lancaster County.

Call your elected representative today, get involved, join Friends of LLWC and make sure your voice is heard! ■



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Women's Commission
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How Healthy is Your Perception About You?

If you know of anyone who thrives and takes pride eating nothing everyday or purges meals daily, contact Teresa Maas, director of the Eating Disorders Clinic, located at the First Step Wellness Center, 441-9280, in the LPMHC building, 1919 S. 40th St., Lincoln, Neb.



International Women's Day Awards Luncheon
"Weaving Women's Voices"
Friday, March 5, 2004 11:30 a.m. to 1 p.m.



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www.ci.lincoln.ne.us/city/mayor/women/

Women and Health

Web Opens Window on Eating Disorders

WOMEN'S ENEWS - Thousands of isolated young women today are turning to the Web for help as they struggle with eating disorders, but the kind of support they are finding when they type "anorexia" or "eating disorder" into a search engine may be more harmful than helpful. Unrealistically thin role models for young women, combined with young women's increasing comfort with the Internet as a source of community, have given rise to so-called pro-Ana (anorexia), pro-Mia (bulimia) and pro-ED (eating disorders) Web sites. The sites started cropping up about four years ago. Today they number around 400.

"The most upsetting thing is that people looking for help on the Internet go onto these sites without meaning to and they are pulled in," said Carolyn Costin, executive director of the Los Angeles-based Eating Disorder Center of California and author of "Your Dieting Daughter . . . Is She Starving For Attention?" Once on the site, the visitors are told "keep your willpower," Costin said. "They are given tips for keeping the eating disorder going."

These messages are particularly damaging when dealing with a disease, such as anorexia, characterized by the reluctance to recover, Costin said. The National Association of Anorexia Nervosa and Associated Disorders and other advocates have been working for years to shut down these sites, which they believe may cause sufferers to postpone treatment and even trigger the disorders in vulnerable young people. However, some researchers believe the sites, while disturbing, deserve attention as they could offer some insight into baffling diseases with poor recovery rates.

"This whole idea that these communities exist could lead to a really productive discussion," said Maria Mastronardi, a University of Illinois communications researcher, who recently presented a paper on the "moral panic" over pro-Ana sites. Part of what makes these disorders difficult to understand and treat is the secrecy of sufferers, who hide their illness

from friends, family and therapists. Mastronardi believes the candid discourse found at these pro-Ana sites could provide needed insight into the thoughts and feelings of the anorexic or bulimic mind. With names like "Anorexic Nation," "Invisible Existence," and "I Love You to the Bones," these often elegantly designed Web sites feature dangerous advice; "thinspirational" slogans, such as "Anorexia is a Lifestyle Choice, Not a Disease;" photo galleries of emaciated women, and chat rooms where visitors share personal stories.

Anorexia nervosa is a psychological disorder characterized by a distorted body image and the compulsion to gain control by losing weight. Consuming only a few hundred calories a day and exercising compulsively, anorexics are often dangerously underweight yet still see themselves as fat. Bulimia, which is closely related to anorexia, is characterized by binge eating and purging to lose or maintain a low-to-normal body weight. Roughly 7 million girls and women and 1 million boys and men suffer from eating disorders, according a recent report by the National Association of Anorexia Nervosa and Associated Disorders, based in Los Angeles. Eighty-six percent of those afflicted report onset by age 20. The diseases have a 50 percent cure rate, and 6 percent of sufferers will die from the disorders. More people die from anorexia than any other psychiatric illness. The disorders have a variety of triggers, including childhood traumas, such as sexual abuse and growing up with alcoholic parents. Costin said she found out about the pro-Ana sites from clients who told her they got encouragement from the sites to "stay with us, don't go into treatment."

In psychology circles, these disorders are known as egosyntonic, meaning that the sufferers like their illnesses, Costin said. Because anorexics and bulimics are "ambivalent at best" about recovery, stumbling on one of these sites often will delay their treatment. (Reprinted with permission) ■

Body Image Tamperers With Healthy Lifestyles and Decisions

Is body image really everything, especially when you are young, vibrant, eager to start your journey into life as a professional, a newlywed and ready to conquer. Right? According to fashion, large size, maturity, voluptuousness, massiveness, strength and power are not permitted if we wish to conform to our culture's current ideal. It's now fashionable to be thin, but if it were fashionable to be fat, women would force-feed themselves like geese, just as girls in primitive societies used to stuff themselves because the fattest girl was the most beautiful. If the eighteen inch waist should ever become fashionable again, women would suffer the tortures of corset lacing, convinced that though one dislocated one's kidneys, crushed one's liver , and turned green, beauty was worth it all. Women who focus so much of their attention on how they hate their bodies, also tend to separate their bodies from their person as if they are not one and the same. Sometimes, it's to the extreme. Sometimes, the concept of beauty becomes deadly as is the case with eating disorders. Watch "Fading Away: Eating Disorders" for this quarterly's WomenTalk television show with guests Teresa Maas from First Step Wellness Center's Eating Disorder Program, discussing eating disorder issues with clients Stephani Foreman and Kristi Dirksen. A principle reason so many women perceive their bodies as problems is that we live in a culture that says women must be beautiful to be worthy, and then sets up standards for female beauty that are not only impossible for most women to live up to, but are unhealthy as well. Our images of womanhood are almost synonymous with thinness. Fashion lets us know what our culture expects us to be or to become, or to struggle to become, in order to be acceptable, thereby exercising a devastating power over our lives on a daily basis. The image of women that appears in the advertisement of a daily newspaper has the power to damage a woman's health, destroy her sense of well-being, break her pride in herself, and subvert her ability to accept herself as a woman. The face becomes the identity rather than the entire person. Worrying about dieting, worrying about being skinny or fat is just a smoke screen. The real issue has to do with how you feel about yourself. The body concept includes perceptions, thoughts, feelings, and actions which the ego has in reference to its own body. ■

From the President of Friends

Karen Dienstbier, president

It has occurred to me that most of you reading this newsletter may not know what Friends of the Commission does, aside from holding an annual fundraiser event. In consultation with the L.L.W.C., the eight of us, who meet quarterly, make decisions on a variety of issues. We use the money you give us (that is IF you are a member of Friends) to partner with community service organizations.

Last year we gave the Appleseed Center enough money to fund a part-time employee to work on Childcare Subsidy issues. As you may know the issues are brought to our attention by the Director of the Women's Commission, Bonnie Coffey, in consultation with the Women's Commission. In October we will consider topics to fund for the year 2004.

Last year, for the first time, the annual fundraising event was held during the week of International Women's Day. If you attended the event last March you will remember that it was a wonderful celebration of women. Again, this year, there will be a new fabric art piece raffled off to the highest bidder. The money raised from this and other events held throughout the year allows Friends to be quite generous in supporting important causes targeting women's issues.

The "Nebraska Women Success Quilt" will be on display for the 28th annual event, held on March 5, 2004 to bring an awareness of the many success stories published by women in crises.

Some of you may have had the opportunity to attend the two WomenLINC meetings which were held recently. This is a personal and professional networking event for women. These activities are sponsored by LLWC, Oddiyana, a center for women and girls, and Friends of the Commission. Both events were well attended and we

look forward to the next one on Thursday, October 16th. At the first meeting Helen Boosalis was our guest speaker and at the second Senator DiAnna Schimek spoke. The format included open networking, coaching in small groups and listening to experienced techniques of our guest speakers. I hope that if you haven't had the opportunity to come to these events you will make an effort to join us in October, and bring your friends! Congratulations are due to Senator Schimek as she will be awarded the 2003 Interfaith Leadership Award on Oct. 26th. This event is being sponsored by the Lincoln Interfaith Council and is given yearly for "devotion to religion, distinction in career, and dedication to community." The banquet, in her honor, will be at the Cornhusker Hotel, October 26th, 2003. Tickets are available through the Interfaith Council office. Reservations must be in by Oct. 10th.

In a recent letter from Bonnie Coffey I learned that the OWL organization has decided to end its chapter in Nebraska. It is certainly disappointing that an organization doing so much good for our older women could not continue. Friends will work with Bonnie to make sure that Older Women's issues are brought to the attention of the public. Thank you to all of our OWL sisters for their dedication in bringing issues before the public that effect the lives of older women. My thanks to the other members of Friends Executive Committee for their dedication to improving the lives of women in our community. They are Georgia Glass, Treasurer; Nan Schweiger, Secretary; Roberta Stack, Vice Pres.; Beatty Brasch, Pam Baker, Marcia Kushner, Past President; Susan Scott and the LLWC staff. And a great big thanks to all of you who join Friends each year so that we may continue to work on behalf of all women in Lincoln and Lancaster County. Thank you to the Mayor, the City Council Members and the Lancaster County Commissioners for their continued support. Thank you to those of who are members. If you are not now a member, please considering becoming one! ■

LLWC President's Letter

By Nancy Intermill

Hello Everyone! I am honored to serve as the 2003-2004 President of the Lincoln-Lancaster Women's Commission, and look forward to a challenging and fulfilling year.

You are likely aware that because the state budget is stressed, counties (including Lancaster) are struggling to fill in the gaps in areas such as mental health and social services. While the LLWC does not provide direct services, we are tasked with providing information to the public and advising public officials about the needs of women in the county. Commissioners and staff take this charge seriously. The resources of the Commission are limited (only three full-time staff, and a 15-member volunteer board) but we are dedicated to continuing to work in the our two priority areas: Women's Leadership and Public Policy, and Women's Health. Some very timely and useful products will emerge this year based on pieces that were in development over the last year.

In addition, the Commission will continue to inform you about issues that are especially pertinent to women. One of these is Social Security –a program that most of us are aware exists, but few take the time or energy to understand. Now, however, is a critical time for women to pay attention to changes that are being proposed which will affect them and their daughters in years to come. The Gramlich Commission, an advisory council reviewing Social Security in 1994-1996, proposed several reforms including private investing and means-testing of benefits. The following is a very brief list of the proposed changes:

1. **Increasing the working period over which a retiree's benefits are computed from thirty-five years to thirty-eight years.** This could have the effect of reducing benefits, because the working period will be expanded to include the earliest (and least income-producing) years of work.
2. **Changing the way in which Social Security benefits are taxed, so that any benefits a retiree receives beyond what he or she contributed to the system as a worker would be taxed as ordinary income.**
3. **Extending Social Security coverage and participation to 3.7 million state and local government employees who are currently excluded from the program.**
4. **Accelerating the scheduled increase in the retirement age so that it becomes sixty-seven by 2011; the retirement age would be indexed to longevity thereafter.** Since women live longer than men, the "official" retirement age will increase as time goes on.
5. **Adjusting the Consumer Price Index (CPI).** Currently Social Security income is automatically adjusted for inflation, based on the CPI. Compared to current rules, inflation will have to be an even bigger threat before automatic raises are made.
6. In addition, several suggestions have been proposed that include **using the Social Security Trust funds to invest in the stock market, or allowing individuals to control a portion of their benefits** in an individual retirement account.

To do further research on this subject, review the information at the following web site: www.tcf.org. The Century Foundation provides an excellent forum for information and analysis of Social Security reform issues. If you have questions or concerns, I encourage you to contact your elected officials.

CARLTON B.
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July 2003 Summer Issue



Located within the city's "Interline" web site system, the Women's Alliance (LLWA) directory offers a wide variety of information on individual clubs and organizations, including the contact information. If your organization or agency would like to post information free of charge or update its current information, an application can be obtained from the web site's index page (www.ci.lincoln.ne.us/city/mayor/women/llwa) or call 441-7716 and one will be snail-mailed to you.

This community service is sponsored by Friends of LLWC and the Lincoln-Lancaster Women's Commission.

Mission Statement



Working as a division of the Mayor's Office since 1976, the Lincoln-Lancaster Women's Commission advises City and County officials of social, economic and legal barriers that prevent women from choosing their roles in the family, the labor force and society in general, and working toward the elimination of those barriers. With 15 volunteers and a paid staff of three, the Commission continues to engage in activities designed to heighten community awareness in the areas of self-sufficiency, health care, safety, education and act as a clearinghouse of information for women in need.

Commission Quarterly Newsletter

The Lincoln-Lancaster Women's Commission (LLWC) is an Advisory Board created by elected officials to advise the Mayor, Lincoln City Council and Lancaster County Board on issues that impact women. Please address any correspondence to: Lincoln-Lancaster Women's Commission, 440 S. 8th St., Ste. 100, Lincoln NE 68508-2294 or call (402) 441-7717.

Editorial Policy:

The Commission Quarterly is a publication of Friends of the Lincoln-Lancaster Women's Commission. Publishing costs are paid by Friends. Materials appearing in this publication shall be in accordance with the purposes, goals and official positions of the Lincoln-Lancaster Women's Commission and Friends of the Women's Commission. The Commission Quarterly is published four times a year: January, April, July and October.

Criteria for Publication:

Submission by community groups and individuals are welcome. Deadlines are the first of the month preceding the month of publication. Articles are subject to editing, with the author's compliance. Specific opinions expressed are not necessarily the opinions held by LLWC employees, its Commissioners or Friends of the Women's Commission.

Advertising

Advertising is available in a business card sized ad and will be accepted as space is available on a first come, first serve basis. All ads should be camera ready and must be submitted one month before the publication date. For more information on advertising opportunities, call 441-7717.

Friends of the Commission

Friends of the Lincoln-Lancaster Women's Commission is a 501 (c)(3) organization that solicits funds for the commission's projects.

LLWC Staff

Karen Wamsley, office specialist; Diane Mullins, public information specialist, and Bonnie Coffey, director.

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Bonnie Coffey and Diane Mullins.

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Business and the Working Woman

Small Business Bears Brunt of Tax Cut

WOMEN'S ENEW- President Bush's new tax-cut law has been well-received by trade groups supporting the Jobs and Growth Tax Reconciliation Act of 2003 and represent approximately 9.1 million U.S. women who own small businesses that generate \$3.6 trillion in annual revenue. Both the National Association of Women Business Owners, an organization with 80 U.S. chapters and Women Impacting Public Policy, based in Oklahoma City, fully applauded the tax law, passed in May. Erin Fuller, executive director of the National Association of Women Business Owners, called the new law a major victory and said the tax cuts, especially the increased expense deductions, will help small businesses expand and create more jobs. Women Impacting Public Policy's president, Terry Neese, who met with President Bush to advise him on economic incentives for small business said, "WIPP members worked extremely hard on this tax package that brings immediate cash flow to small businesses."

Barbara Kasoff, vice president of Women Impacting Public Policy, added that the provisions will help small level the playing field for small businesses. Many small businesses are small proprietorships, single-owner businesses, such as beauticians or caterers that report revenue as personal income. Before the new tax law, the highest individual tax rate was 38 percent, but the highest rate for corporations was only 35 percent. The Treasury Department reported that the law intends to increase cash flow to small businesses by accelerating their tax deductions enacted in the 2001 tax cut, an estimated \$2,209 average tax cut for 23 million small business owners; increasing annual limits in expense deductions from \$25,000 to \$100,000; lowering the top tax rate income to 35 percent from 39 percent and simplifying tax record-keeping methods for depreciation. In contrast, the Urban-Brookings Tax Policy Center in Washington, D.C., finds that nearly 83 percent of small businesses will get lower than the average \$2,209 tax cut amount estimated by the Treasury, and that 36 percent of them will receive less than \$100. The Urban Institute's analysis indicates that because the Treasury Department averages are skewed by the large cuts going to a small number of high-income taxpayers, its method of averaging is deceptive. Some observers see little good for women who own small businesses. Joan Entmacher, vice president and director of Family Economic Security at the National Women's Law Center said the plan is vastly overstated and argued that the small businesses benefiting from the bill are in a "high-income category," few of which are owned by women. The Small Business Administration studies indicate that 87 percent of women's sole proprietorships are quite small with receipts less than \$50,000 in service industries.

"Women with low incomes are the ones who will pay the price for this new law. These women rely on Medicare and Social Security," said

Entmacher. "Women are also the ones who care more deeply about education for their children and cutbacks are being made on that as well."

Critics say that the tax cut on stock dividends will benefit mostly the rich with large stock-market investments. Meanwhile other tax cuts for lower-income people will be trifling and are bound to be offset by funding cuts to social services that many single working women depend on, such as child care and Social Security. When asked about the detrimental effects the new bill will have for social services and the women who rely on them, Women Impacting Public Policy's Kasoff responds, "These problems need to be solved in other ways. They don't have to do it off the backs of small businesses."

"Many women business owners are single working mothers," added Kasoff. "We try to look at it from a bottom line approach. What does it mean for our pockets?" (Reprinted with permission) ■



Speed Networking with Sen. DiAnna Schimek and Andrea Eisen



Kemp is regional administrator for the U.S. Department of Labor, Women's Bureau, Region VII



Speed Networking with Jill Smith and Bethina Moore

An unexpected and an overwhelming success, the WomenLINC events brought together many women of various backgrounds, age groups, professions and interests to do one thing - NETWORK.

Meeting women, exchanging ideas and offering support is invaluable in furthering career goals or personal development. The Women's Commission hosted three events this year at the Lincoln Woman's Club.

November's taping of **WomenTalk** will focus on "Losing Ourselves: Women & Alzheimer's," featuring Geri Hepp from the Alzheimer's Association and Lela Knox Shanks, author.

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Commission Quarterly

Domestic Violence and the Workplace

More than one in four American women over the age of 18 has experienced domestic violence. Every year in the American workplace, approximately 120,000 employees are victims of violence committed by an intimate: current or former spouse, lover, partner, or boyfriend/girlfriend. Employers lose between \$3 and \$5 billion every year in absenteeism, lower productivity, higher turnover and health and safety costs because of domestic violence. Of women who are victims of domestic violence, 96% experience problems at work due to abuse, 74% are harassed while at work by their abuser, 56% are late to work, 28% leave work early, and 54% miss entire days of work. *Sources: Workforce Development Group, "Domestic Violence Affects Corporations," 2001.* ■

Women & Education

Patsy Takemoto Mink (1927-2002) served in the US Congress from 1965-1976 and again from 1990-2002, where she represented Hawaii's 2nd Congressional District. The first woman of color elected to the US House of Representatives, she worked tirelessly for civil rights, women's rights, economic justice, civil liberties, peace, and the integrity of the democratic process. Established in 2003, the Patsy Takemoto Mink Education Foundation aims to carry on some of Congresswoman Mink's most ardent commitments: educational access, support, and opportunity for low-income women, especially mothers; and educational enrichment for children.

In 2003, the Patsy Takemoto Mink Education Foundation offered five Education Support Awards for low-income women (up to \$2000 each) and a number of small grants (up to \$500 each) to support low-income women who are enrolled in

education or training.

Applications for major Education Support Awards are due August 1, 2004. Applications for small grants may be submitted at any time. These applications

will be reviewed on the 1st and 15th of each month, beginning in September, 2003.

Applicant Criteria must be a woman, at least 18 years of age, who is enrolled in a skills training, ESL, or GED program; or pursuing a technical/vocational degree, an associate's degree, a first bachelor's degree; or a professional/master's/doctoral degree; enrolled in

an accredited program during the 2003-04 academic year, and must be low-income (up to 225% of the poverty threshold).

For more information contact Gwendolyn Mink, 202-546-9764, PO Box 1599, Northampton, MA 01061-1599. Or email to: gmink@ptmfoundation.net. ■



ANNOUNCEMENT

You're cordially invited to attend the
Lincoln-Lancaster Women's Commission
28th annual event & awards luncheon held

Friday, March 5, 2003
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